

# Nutritional periodisation

Athlete: **[REDACTED]**

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*Sports Consulting*



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Some general recommendations:



It should never happen that you run out of fluid during your training sessions or races.



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Different colours represent importance of carbohydrate intake. Red means that intake is unnecessary or very low, while green means that a high intake is required.

**Week: 3.-9. June**

	<b>Before activity</b>	<b>During activity</b>	<b>Just after activity</b>	<b>Hours after activity</b>	<b>Evening</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					